



GRILLED CHIMICHURRI CHICKEN SALAD

This quick and easy dish, with punchy flavours of chimichurri sauce, is ideal for a mid-week meal. This is the kind of salad that's without a doubt a complete meal, and can be prepped one day and mixed up all week long.

 20 minutes

 30 minutes

 4 portions

INGREDIENTS

- 125 grams of chimichurri Sauce [see sauce recipe in previous post]
- 4 skinless chicken thighs
- 1 tablespoon of olive oil
- 1 head of romaine lettuce, chopped
- 2 tomatoes, sliced
- 1/2 red onion, sliced
- 2 avocados, sliced
- handful of fresh parsley, to serve

COOKING METHOD

- 1° place 4 tablespoons of the chimichurri sauce into a zip-loc bag along with the chicken thighs. Set aside to marinate for 20 minutes. Keep the remaining sauce to use as a dressing.
- 2° Heat the olive oil in a pan over a medium-high heat and cook the chicken thighs for 4-5 minutes each side until golden and cooked through. Slice the cooked chicken into strips.
- 3° Divide the lettuce leaves, tomatoes, onion and avocado between 4 bowls. Top each bowl with one chicken thigh and drizzle over the remaining chimichurri sauce. Garnish with parsley leaves to serve.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (389 g)	% DRI
ENERGY	121 kcal	472 kcal	24 %
PROTEIN	5 g	20 g	41 %
CARBOHYDRATE	2 g	9 g	3 %
SUGARS	1 g	4 g	5 %
FAT	10 g	40 g	58 %
FATTY ACIDS, TOTAL SATURATED	2 g	8 g	40 %
FIBER	1 g	4 g	16 %
SODIUM	96 mg	373 mg	16 %